



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

Detailed evaluation

Voss, Dennis

Club: Hamburg

Number: 1176

Course: 9.75 km

10 km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:04

Speed: 11.02 km/h

Running performance: 5:26 min/km

Rank in course/Total: 77 (of 163)

Rank in course/Men: 64 (of 115)

Best time in course: 34:41

Rank in category: 7(of 9)

Best time in the category: 40:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:46	5:28	8	4:36	78	6:34	3.25	17:46	5:28	7	4:36	63	6:34
Lap 2	3.25	17:34	5:24	4	3:51	55	5:51	6.50	35:20	5:26	7	8:27	63	12:20
Last lap Finish	3.25	17:44	5:27	4	4:05	47	6:20	9.75	53:04	5:26	7	12:32	64	18:23